

BEST PRACTICE MODELS

BEST PRACTICE MODELS for Treatment of Mental Disorders

[6] Standard Treatment

- a) Outpatient psychotherapies, medication and procedures
- b) Inpatient psychotherapies, medication and procedures
- c) Ancillary support services

[6 c] Ancillary support services

Ancillary Support Services is an umbrella term used in the mental health field which covers health, welfare and education programs which support the work of designated mental health services. They are programs in the community that may address the promotion of mental wellbeing and the prevention of the development of mental health problems, or may offer treatment/counselling regarding quite specific challenges experienced by some individuals and families, challenges known to lead on to mental health problems. While some ancillary support services are provided within the mental health system itself, they are largely provided by organisations outside the public and private mental health systems.

Ancillary support services are provided across the whole range of needs, within universal, indicated and targeted programs. Typical examples include:

- Universal services in the health, education and welfare fields,
 - Public health services, Medicare rebates, health information programs, newborn screening, etc.
 - School social development programs (mutual respect, anti-bullying, etc.), 'Mind Matters', etc.
 - Government and non-government welfare programs, legislation on minimum wages, etc.
- Indicated services for groups experiencing stressful life situations known to be risk factors for mental disorder,
 - Financial counselling, positive parenting programs, etc.
- Targeted programs for subjects whose experiences will produce further disorder unless assisted.
 - Substance abuse programs, Domestic violence counselling, 'Amaze' (Autism Vic) and similar programs.

Mental health professionals are generally not involved in the creation and administration of these ancillary services except in the few that are delivered within the mental health system. However, the social science research relating to mental health disorders is an important underpinning of specialist professional education, providing a strong basis for advocacy for the upgrading of relevant ancillary support services.

The translation of research findings into public policy advocacy is an important role for mental health specialists. This may be at a macro level involving political policy development or at a micro level involving tertiary consultation to agencies about incorporation of positive mental health promotion in their service delivery.

Good case management plans will often use appropriate ancillary services to complement the psychotherapeutic changes sought within the client-therapist transactions.

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